



THE
OBESITY
MYTH

Why America's
Obsession With Weight
Is Hazardous
To Your Health

PAUL CAMPOS

WITH A FOREWORD BY PAUL ERNSBERGER, PH.D.

The Obesity Myth Why Americas Obsession With Weight Is Hazardous To Your Health Paul Campos

J. Eric Oliver



The Obesity Myth Why Americas Obsession With Weight Is Hazardous To Your Health Paul Campos

The Obesity Myth Paul Campos,2004-05-03 Is your weight hazardous to your health According to public health authorities 65 percent of us are overweight Every day we are bombarded with dire warnings about America s obesity epidemic Close to half of the adult population is dieting obsessed with achieving an arbitrary ideal weight Yet studies show that a moderately active larger person is likely to be far healthier and to live longer than someone who is thin but sedentary And contrary to what the fifty billion dollar per year weight loss industry would have us believe medical science has not yet come up with a way to make people thin After years spent scrutinizing medical studies and interviewing leading doctors scientists eating disorder specialists and psychiatrists Professor Paul Campos is here to lead the backlash against weight hysteria and to show that we can safeguard our health without obsessing about the numbers on the scale But The Obesity Myth is not just a compelling argument grounded in the latest scientific research it s also a provocative wry expos of the culture that feeds on our self defeating war on fat Campos will show How the nation s most prestigious and trusted media sources consistently misinform the public about obesity What the movie industry s love affair with the fat suit tells us about the relationship between racial and body based prejudice in America How the skinny elite with their supersized lifestyles and gas guzzling SUVs project their anxieties about overconsumption on the poorer and heavier underclass How weight loss mania fueled the impeachment of Bill Clinton In this paradigm busting read Professor Campos challenges the conventional wisdom regarding the medical political and cultural meaning of weight and brings a rational and compelling new voice to America s increasingly irrational weight debate

The Obesity Myth Paul Campos,Paul Ernsberger,2004 Every day we are bombarded with dire warnings about the obesity epidemic A large percentage of the adult population is obsessed with dieting Yet studies show that a moderately active larger person is likely to be far healthier and to live longer than someone who is thin by sedentary After years scrutinising medical studies and interviewing leading doctors scientists eating disorder specialists and psychiatrists Professor Paul Campos here leads the backlash against weight hysteria and shows that we can safeguard our health without obsessing about the numbers on the scales The Obesity Myth is not just a compelling argument grounded in scientific research it is also an expose of the billion dollar weight loss industry and the culture that feeds our self defeating war on fat Professor Campos challenges the conventional wisdom regarding the medical political and cultural meanings behind the current weight debate

What's Wrong with Fat? Abigail Saguy,2013-01-31 What s Wrong with Fat examines the social implications of understanding fatness as a medical health risk disease and epidemic Examining the ways in which debates over fatness have developed Abigail Saguy argues that the obesity crisis literally makes us fat intensifies negative body image and justifies weight based discrimination

The Obesity Myth Paul F. Campos,2004 An exploration of America s self defeating war on obesity argues against the myth that falsely equates thinness with health and explains why dieting is bad for the health and how the media misinform the public

Psychosocial Assessment and Treatment of Bariatric Surgery Patients James E. Mitchell, Martina de Zwaan, 2012-04-27 Bariatric surgery plays an important role in the treatment of obesity in this comprehensive resource the worldwide leaders of the field provide the most up to date information on the psychosocial issues that affect their patients Included is an overview and history of surgical procedures complete with illustrations practical advice on topics such as physical activity and nutritional care after surgery and essential information that allows clinicians to assist their clients as much as possible for example how pre weight loss surgery psychosocial evaluations can serve as clinical interventions in their own right and how structured interviews and questionnaires can be used in multiple contexts such as screening treatment planning and prognostic assessment A distinctive chapter includes an overview of the special issues present in treating adolescents who increasingly are the target of bariatric surgery procedures This book is an essential reference for clinicians from the evaluation through the follow up and aftercare of bariatric surgery patients

Fat Christopher E. Forth, 2019-06-15 Fat such a little word evokes big responses While fat describes the size and shape of bodies our negative reactions to corpulent bodies also depend on something tangible and tactile as this book argues there is more to fat than meets the eye Fat A Cultural History of the Stuff of Life offers a historical reflection on how fat has been perceived and imagined in the West since antiquity Featuring fascinating historical accounts philosophical religious and cultural arguments including discussions of status gender and race the book digs deep into the past for the roots of our current notions and prejudices Three central themes emerge how we have perceived and imagined obesity over the centuries how fat as a substance has elicited disgust and how it evokes perceptions of animality but also how it has been associated with vitality and fertility By exploring the complex ways in which fat fatness and fattening have been perceived over time this book provides rich insights into the stuff our stereotypes are made of

The Fat Studies Reader Esther Rothblum, Sondra Solovay, 2009-11-01 Winner of the 2010 Distinguished Publication Award from the Association for Women in Psychology Winner of the 2010 Susan Koppelman Award for the Best Edited Volume in Women s Studies from the Popular Culture Association A milestone anthology of fifty three voices on the burgeoning scholarly movement fat studies We have all seen the segments on television news shows A fat person walking on the sidewalk her face out of frame so she can t be identified as some disconcerting findings about the obesity epidemic stalking the nation are read by a disembodied voice And we have seen the movies their obvious lack of large leading actors silently speaking volumes From the government health industry diet industry news media and popular culture we hear that we should all be focused on our weight But is this national obsession with weight and thinness good for us Or is it just another form of prejudice one with especially dire consequences for many already disenfranchised groups For decades a growing cadre of scholars has been examining the role of body weight in society critiquing the underlying assumptions prejudices and effects of how people perceive and relate to fatness This burgeoning movement known as fat studies includes scholars from every field as well as activists artists and intellectuals The Fat Studies Reader is a milestone achievement bringing together fifty three diverse voices to explore a wide range of topics related to body weight From the historical construction of fatness to public health policy from job discrimination to social class disparities from chick lit to airline seats this collection covers it all Edited by two leaders in the field The Fat Studies Reader is an invaluable resource that provides a historical overview of fat studies an in depth examination of the movement s fundamental concerns and an up to date look at its innovative research

What We Don't Talk About When We Talk About Fat Aubrey Gordon, 2020-11-17 From the creator of Your Fat Friend and co host of the Maintenance Phase podcast an explosive indictment of the systemic and cultural bias facing plus size people Anti fatness is everywhere In What We Don t Talk About When We Talk About Fat Aubrey Gordon unearths the cultural attitudes and social systems that have led to people being denied basic needs because they are fat and calls for social justice movements to be inclusive of plus sized people s experiences Unlike the recent wave of memoirs and quasi self help books that encourage readers to love and accept themselves Gordon pushes the discussion further towards authentic fat activism which includes ending legal weight discrimination giving equal access to health care for large people increased access to public spaces and ending anti fat violence As she argues I did not come to body positivity for self esteem I came to it for social justice By sharing her experiences as well as those of others from smaller fat to very fat people she concludes that to be fat in our society is to be seen as an undeniable failure unlovable unforgivable and morally condemnable Fatness is an open invitation for others to express disgust fear and insidious concern To be fat is to be denied humanity and empathy Studies show that fat survivors of sexual assault are less likely to be believed and less likely than their thin counterparts to report various crimes 27% of very fat women and 13% of very fat men attempt suicide over 50% of doctors describe their fat patients as awkward unattractive ugly and noncompliant and in 48 states it s legal even routine to deny employment because of an applicant s size Advancing fat justice and changing prejudicial structures and attitudes will require work from all people What We Don t Talk About When We Talk About Fat is a crucial tool to create a tectonic shift in the way we see talk about and treat our bodies fat and thin alike

Body of Truth Harriet Brown, 2015-03-24 A science journalist s provocative exploration of how biology psychology media and culture come together to shape our ongoing obsession with our bodies while also tackling the myths and realities of the obesity epidemic

Fat! So? Marilyn Wann, 1998-12-01 Fat Chunky Less than svelte So what In this hilarious and eye opening book fat and proud activist zinester Marilyn Wann takes on Americas biggest fear worse than the fear of public speaking or nuclear weapons our fear of fat Statistics tell us that about a third of Americans are fat and common sense adds that just about everyone fat or thin male or female has worried about their appearance FAT SO weighs in with a more attractive alternative feeling good about yourself at any weight and having the style and attitude to back it up Internationally recognized as a fat positive spokesperson Wann has learned that you can be absolutely happy healthy and successful and fat With its hilarious and insightful blend of essays quizzes facts and reporting FAT SO proves that you can be out and out fabulous at any size

Fat Politics J. Eric Oliver, 2005-11-15 It seems almost daily we read newspaper articles and watch news reports exposing the growing epidemic of obesity in America Our government tells us we are experiencing a major health crisis with sixty percent of Americans classified as overweight and one in four as obese But how valid are these claims In Fat Politics J Eric Oliver shows how a handful of doctors government bureaucrats and health researchers with financial backing from the drug and weight loss industries have campaigned to create standards that mislead the public They mislabel more than sixty million Americans as overweight inflate the health risks of being fat and promote the idea that obesity is a killer disease In reviewing the scientific evidence Oliver shows there is little proof that obesity causes so much disease and death or that losing weight is what makes people healthier Our concern with obesity he writes is fueled more by social prejudice bureaucratic politics and industry profit than by scientific fact Misinformation pushes millions of Americans towards dangerous surgeries crash diets and harmful diet drugs while we ignore other more real health problems Oliver goes on to examine why it is that Americans despise fatness and explores why despite this revulsion we continue to gain weight Fat Politics will topple your most basic assumptions about obesity and health It is essential reading for anyone with a stake in the nation s or their own good health

Debating Obesity E. Rich, L. F. Monaghan, L. Aphramor, 2010-11-17 This book brings together critical perspectives on some of the recent claims associated with the obesity crisis. It develops both theoretical and conceptual arguments around the obesity debate as well as taking a more practical focus in terms of implications for the health professions to outline an agenda for a critical weight studies.

Rethinking Feminist Phenomenology Sara Cohen Shabot, Christinia Landry, 2018-10-05 Although feminist phenomenology is traditionally rooted in philosophy, the issues with which it engages sit at the margins of philosophy and a number of other disciplines within the humanities and social sciences. This interdisciplinarity is emphasized in the present collection *Rethinking Feminist Phenomenology*, which focuses on emerging trends in feminist phenomenology from a range of both established and new scholars. It covers foundational feminist issues in phenomenology, feminist phenomenological methods, and applied phenomenological work in politics, ethics, and on the body. The book is divided into three parts, starting with new methodological approaches to feminist phenomenology and moving on to address popular discourses in feminist phenomenology that explore ethical and political embodied and performative perspectives.

Health at Every Size Revised and Updated Lindo Bacon, 2011-01-22 Fat isn't the problem. Dieting is the problem. A society that rejects anyone whose body shape or size doesn't match an impossible ideal is the problem. A medical establishment that equates thin with healthy is the problem. The solution? Hea

Kids These Days Karen Sternheimer, 2006 *Kids These Days* critically examines the hottest news stories of the past few years to assess whether the news is really as bad as it sounds. Is kidnapping by strangers really a bigger threat now than in the past? Are disputes at school now settled with guns instead of fists? And are kids, especially girls, becoming bigger bullies than ever before? This book dissects the stories that made headlines and explores overall trends and statistics to compare the hype to the reality. The truth is that kids today do face unique obstacles and challenges, but their situation isn't nearly as dire as the compelling news accounts would have us believe. Rather, the author proposes that our nation's youth have been targeted as a problem population to absolve adult responsibility for creating the often dangerous and difficult conditions many young people must deal with.

Female Body Image in Contemporary Art Emily L. Newman, 2018-05-23 Numerous contemporary artists, particularly female artists, have chosen to examine the idealization of the female body. In this crucial book, Emily L. Newman focuses on a number of key themes, including obesity, anorexia, bulimia, dieting, self-harm, and female body image. Many artists utilize their own bodies in their work, and in the act of trying to critique the diet industry, they also often become complicit as they strive to lose weight themselves. Making art and engaging eating disorder communities in real life and online often work to perpetuate the illnesses of themselves or others. A core group of artists has worked to show bodies that are outside the norm, paralleling the rise of fat activism in the 1990s and 2000s. Interwoven throughout this inclusive study are related interdisciplinary concerns, including sociology, popular culture, and feminism.

Shameful Bodies Michelle Mary Lelwica,2017-01-12 What happens when your body doesn't look how it's supposed to look or feel how it's supposed to feel or do what it's supposed to do Who or what defines the ideals behind these expectations How can we challenge them and live more peacefully in our bodies Shameful Bodies Religion and the Culture of Physical Improvement explores these questions by examining how traditional religious narratives and modern philosophical assumptions come together in the construction and pursuit of a better body in contemporary western societies Drawing on examples from popular culture such as self help books magazines and advertisements Michelle Mary Lelwica shows how these narratives and assumptions encourage us to go to war against our bodies to fight fat triumph over disability conquer chronic pain and illness and defy aging Through an ethic of conquest and conformity the culture of physical improvement trains us not only to believe that all bodily processes are under our control but to feel ashamed about those parts of our flesh that refuse to comply with the cultural ideal Lelwica argues that such shame is not a natural response to being fat physically impaired chronically sick or old Rather body shame is a religiously and culturally conditioned reaction to a commercially fabricated fantasy of physical perfection While Shameful Bodies critiques the religious and cultural norms and narratives that perpetuate external and internalized judgment and aggression toward shameful bodies it also engages the resources of religions especially feminist theologies and Buddhist thought practice to construct a more affirming approach to health and healing an approach that affirms the diversity fragility interdependence and impermanence of embodied life

A Companion to the History of American Science Georgina M. Montgomery,Mark A. Largent,2019-09-23 A Companion to the History of American Science offers a collection of essays that give an authoritative overview of the most recent scholarship on the history of American science Covers topics including astronomy agriculture chemistry eugenics Big Science military technology and more Features contributions by the most accomplished scholars in the field of science history Covers pivotal events in U S history that shaped the development of science and science policy such as WWII the Cold War and the Women's Rights movement

Fat Deborah Lupton,2018-05-15 In contemporary western societies the fat body has become a focus of stigmatizing discourses and practices aimed at disciplining regulating and containing it Despite the fact that in many western countries fat bodies outnumber those that are thin fat people are still socially marginalized and treated with derision and even repulsion and disgust Medical and public health experts continue to insist that an obesity epidemic exists and that fatness is a pathological condition which should be prevented and controlled Fat is a book about why the fat body has become so reviled and reviewed as diseased the target of such intense discussion and debate about ways to reduce its size down to socially and medically acceptable dimensions It is about the lived experience of fat embodiment how does it feel to be fat in a fat phobic society Fat activism and obesity politics and related controversies are also discussed Internationally renowned sociologist Deborah Lupton explores fat as a sociocultural artefact a bodily substance or body shape that is given meaning by complex and shifting systems of ideas practices emotions material objects and interpersonal relationships This analysis identifies broader preoccupations and trends in the ways that human bodies and selfhood are experienced and practised The second and much expanded edition of Fat is twice as long as the original edition Lupton incorporates the very latest current critical scholarship and research offered in the humanities and social sciences on fat embodiment and fat politics New updated material is presented in every chapter including substantial additional sections on new digital media Fat is a lively at times provocative introduction for the general reader as well as for students and academics interested in the politics of embodiment and health

Supersizing Urban America Chin Jou, 2017-03-15 More than one third of adults in the United States are obese The Centers for Disease Control and Prevention estimates that there are over 112 000 obesity related deaths annually and for many years the government has waged a very public war on the problem Former Surgeon General Richard Carmona warned in 2006 that obesity is the terror within going so far as to call it a threat that will dwarf 9 11 What doesn't get mentioned in all this The fact that the federal government helped create the obesity crisis in the first place especially where it is strikingly acute among urban African American communities *Supersizing Urban America* reveals the little known story of how the U S government got into the business of encouraging fast food in inner cities with unforeseen consequences we are only beginning to understand Chin Jou begins her story in the late 1960s when predominantly African American neighborhoods went from having no fast food chain restaurants to being littered with them She uncovers the federal policies that have helped to subsidize that expansion including loan guarantees to fast food franchisees programs intended to promote minority entrepreneurship and urban revitalization initiatives During this time fast food companies also began to relentlessly market to urban African American consumers An unintended consequence of these developments was that low income minority communities were disproportionately affected by the obesity epidemic In the first book about the U S government's problematic role in promoting fast food in inner city America Jou tells a riveting story of the food industry obesity and race relations in America that is essential to understanding health and obesity in contemporary urban America

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